

CLAIMS**I Claim:**

1. An apparatus for heating food comprising containing means for use with a radiant heat applying device and having at least one panel made of flexible multilayer film comprising layers of PFA and FEP on a core layer of PTFE.
2. A method of heating food, wherein said food is enclosed in containing means having at least one panel made of flexible multilayer film comprising layers of PFA and FEP on a core layer of PTFE, the method comprising applying radiant heat to the food whilst it is within said containing means.
3. Apparatus according to claim 1, wherein the containing means further comprises at least one of a tab and a handle for facilitating handling of the containing means.
4. Apparatus according to claim 1, wherein fluid-absorbing means is present inside the containing means, the fluid-absorbing means having one of hydrophilic and lipophilic properties to absorb at least one of excess moisture and fats produced by the food during heating.
5. Apparatus according to claim 1, wherein the apparatus is adapted for being received in a bread slice receiving slot of an electric bread toaster.

6. Apparatus according to claim 1, wherein the at least one panel comprises two panels formed as a pouch sealed all around the periphery of the pouch.
7. Apparatus according to claims 1, wherein the at least one panel comprises two panels formed as a pouch sealed around a part of the periphery of the pouch to leave an open mouth for receiving said food.
8. Apparatus as recited in claim 1, wherein the containing means further comprises a foodstuff hygienically sealed within an outer wrapper.
9. Method according to claim 2, wherein the containing means has at least one of a tab and a handle for facilitating handling of the containing means.
10. Apparatus according to claim 3, wherein fluid-absorbing means is present inside the containing means, the fluid-absorbing means having one of hydrophilic and lipophilic properties to absorb one of excess moisture and fats produced by the food during heating.
11. Apparatus according to claim 3, wherein the at least one panel comprises two panels formed as a pouch sealed all around the periphery of the pouch.
12. Apparatus according to claim 3, wherein the at least one panel comprises two panels formed as a pouch sealed around a part of the periphery of the pouch to leave an open mouth for receiving said food.

13. Apparatus according to claim 3, wherein the containing means further comprises a foodstuff hygienically sealed within an outer wrapper.
14. Method according to claim 2, wherein the containing means further comprises a foodstuff hygienically sealed within an outer wrapper.